

# Master of Athletic Training 4+2 Planning

Name:

Major: Exercise Physiology

Need 128 total credits (from GAC and transferred in)

General Education Requirements

Check off what you have complete:

☐ FTS      ☐ ARTSC      ☒ HBSI      ☐ HUMN      ☒ NTSCI      ☐ RSAP  
☒ QUANT      ☐ USIDG      ☐ GLAFC      ☐ CHALS      ☐ Language 101 & 102 or just 102 or higher  
☐ Signature Experience

	Fall	Spring	May	Summer
<b>First Year</b>	PSY 100 (HBSI)  BIO 110/111 (NTSCI)  FTS  Language or other Gen Ed:    17 credits  Contact <a href="#">Mary Westby</a> for help with 4 year planning	Language or other Gen Ed:  Gen Ed:  Gen Ed:  Gen Ed:  16 credits  Contact <a href="#">Mary Westby</a> for help with 4 year planning	Optional term - can use time to complete other electives or general education courses as needed/ wanted	Optional term - can use time to complete other electives or general education courses as needed/ wanted
<b>Sophomore Year</b>	HES 230/231  CHE 105/106 or CHE 110/111  HES 220 (QUANT)  HES 222  18 credits  Apply to the	HES 240/241  Gen Ed:  HES 309  HES 250  17 credits	Optional term - can use time to complete other electives or general education courses as needed/ wanted  Great opportunity to	Optional term - can use time to complete other electives or general education courses as needed/ wanted  Great opportunity to

	Exercise Physiology Major and complete Declaration of Intent to Apply to the MAT form		study abroad	study abroad
<b>Junior Year</b>	PHY 120/121 PSY 241 or other psychology course HES 300 Challenge Seminar: Gen Ed: 19 credits	HES 308 HES 310 HES 313 PHY 170/171 17 credits	Optional term - can use time to complete other electives or general education courses as needed/wanted	Optional term - can use time to complete other electives or general education courses as needed/wanted
<b>Senior Year</b>	HES 398 Elective: Elective: Signature Experience or Elective: 16 credits Apply to the MAT	HES 219 Elective: Elective: Signature Experience or Elective: 16 credits Graduate with your B.A		Start the MAT
	<b>Summer</b>	<b>Fall</b>	<b>Spring</b>	<b>May</b>
<b>First Year MAT</b>	ATP 500 ATP 501 ATP 520 ATP 551	ATP 502 ATP 503 ATP 511 ATP 552	ATP 504 ATP 512 ATP 553 ATP 537	ATP 505 ATP 513 ATP 554

	11 credits	12 credits	12 credits	6 credits
<b>Second Year MAT</b>	ATP 523 ATP 696 ATP 555  8 credits	ATP 522 ATP 697 ATP 556 ATP 521  11 credits	ATP 610 ATP 698 ATP 557 ATP 612  9 credits  Graduate with your M.A.T	

\*No more than 3 pre-requisite classes should be in progress or not started at the time of your application. Ideally, all pre-requisite classes for AT would be done by the end of junior year.

### **Prerequisite Courses for the MAT**

Biology\* (Must not be botany)

- BIO 110 /111 or BIO 120 /121

Chemistry\* (Must discuss properties of solids, liquids, and gasses, chemical bonding, etc.)

- CHEM 105/106 or CHEM 110/111

Physics\* (must discuss properties of light, sound, electricity, thermodynamics, and kinetics/kinematics/motion.)

- At Gustavus, this information is split across the two-class sequence.
- PHY 120/121 AND PHY 170/171

\*At least one laboratory course correlated with one of the three classes above

General Psychology

- PSY 100

Choice of one other psychology course

- Recommended: Abnormal (PSY 241), Sport (HES 326), Exercise (HES 226)

Human Anatomy and Physiology with lab - 2 semesters (can be a combined A&P sequence or an individual Anatomy and individual Physiology course)

- HES 230/231 and HES 240/241

Human Nutrition

- HES 222

#### Exercise Physiology

- HES 308

Statistics and Research Methods - at least one semester if a combined course or 2 semesters if separated

- HES 220 , PSY 224, or MCS 142
- HES 250, PSY 225

#### Biomechanics

- HES 309